



Product Spotlight: Bocconcini

Bocconcini originated in Italy and means 'little mouthful'. This 'little mouthful' of mozzarella is a soft, white curd cheese made from cow's milk and moulded into small balls.



Balsamic Tomato Butter Beans

with Basil Salsa

Luscious cherry tomatoes, sautéed with butter beans and balsamic vinegar and served with a basil and avocado salsa verde and slices of herby-toasted ciabatta.



30 minutes



2 servings



Vegetarian

Spice it up!

For extra spice, switch the dried chilli flakes in the salsa for finely diced fresh red chilli!

Per serve: **PROTEIN** 49g **TOTAL FAT** 71g **CARBOHYDRATES** 99g

FROM YOUR BOX

AVOCADO	1
BASIL	1 packet
SHALLOT	1
CHERRY TOMATOES	200g
GARLIC CLOVE	1
BUTTER BEANS	400g
BABY CIABATTA	1 loaf
BALSAMIC DRESSING	1 sachet
BOCCONCINI	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, apple cider vinegar, dried chilli flakes

KEY UTENSILS

2 frypans

NOTES

Omit chilli flakes if preferred.

If you have one, you can toast the ciabatta in a sandwich press.

No gluten option - baby ciabatta is replaced with GF bread. Prepare according to instructions.



1. MAKE THE BASIL SALSA

Dice **avocado**. Roughly chop **basil leaves**. Add to a bowl as you go along with **3 tsp olive oil**, **3 tsp vinegar**, **1/2-1 tsp chilli flakes** (see notes), **salt and pepper**. Mix to combine.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **3 tbsp oil**. Slice **shallot**, add to pan along with **tomatoes** and **3 tsp oregano**. Toss to coat in **oil**. Cook, semi-covered, for 5-7 minutes until the tomatoes are blistered and bursting.



3. ADD THE BEANS

Crush **garlic**. Drain and rinse **beans**. Add to pan along with **1/3 cup water**. Simmer for 5 minutes.



4. PREPARE THE BREAD

Heat a second frypan (see notes) over medium-high heat. Slice **ciabatta**, drizzle with **olive oil** and sprinkle over **oregano**. Add to pan, in batches, and cook for 2-3 minutes each side until golden and toasted.



5. ADD THE BOCCONCINI

Add **balsamic dressing** to frypan, stir to combine. Roughly tear **bocconcini** and add. Stir bocconcini through tomatoes and remove pan from heat. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide balsamic tomatoes among shallow bowls. Top with basil salsa and serve with toasted ciabatta.



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